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Samurai Country hosts Cope North exercise

By 1st Lt. Ben Alumbaugh
374th Airlift Wing Public Affairs

Units from the Air Force, Navy and Marines, along with the Japan Air Self Defense Force took part in the 76th Cope North exercise here starting Nov. 7 and finishing Wednesday.

Cope North is a bilateral exercise designed to enhance U.S. and Japanese air operations. It gives pilots from both countries opportunities to conduct training in air combat tactics, electronic combat and airborne air control.

Aircraft and personnel from here, Marine Corps Air Station Iwakuni, Naval Air Facility Atsugi, Iruma Air Base, Komatsu Air Base, Kadena Air Base and Misawa Air Base participated in the exercise.

"We actually used the expeditionary forces structure for this exercise for the first time," said Maj. Jeff Doyle, lead operations planner for Cope North. "We had

expeditionary groups, squadrons and flights, and it worked out very well even with people from many different places and organizations. We expect future exercises to follow the Joint Task Force model."

The major said the exercise tries to "push the envelope" every time to increase the learning for all the participants.

"Previously we only had Americans controlling U.S. aircraft and Japanese controlling Japanese aircraft, and no real interaction. In this exercise we had Japanese forces controlling American assets and vice versa," said Major Doyle.

"We have our aircraft flying out of their bases and their aircraft flying out of our installation with Yokota acting as the Air Force headquarters."

"Sometimes you have the American forces fighting against one another in the scenarios," said Maj. Carey Efferson, exercise planner for Cope North. "There's a big mix of Japanese and Americans in



photos by Master Sgt. Val Gempis

Above, Tech. Sgt. Julian Christian, Staff Sgt. Gene Pietro and Senior Airman James Taimanglo inspect a KC-135 Stratotanker during the exercise Cope North. The Airmen are stationed at Kadena Air Base, Okinawa. Left, Airman Taimanglo and Sergeant Pietro take a close-up look at a KC-135 prior to an early morning sortie during the exercise this week.

the aircraft packages, so everyone gets an opportunity to learn something new and different everyday."

"I definitely learned a lot with this exercise," said Capt. Albert Scaperotto, 14th Fighter Wing, Misawa Air Base, Japan. "I was in

charge of a package of 10 aircraft and just communicating with everyone was learning experience."

Another element for this year's exercise was the use of Marine tankers to refuel aircraft.

"If it wasn't for the tankers, we

wouldn't have been able to use the F-16s from Misawa," said the major. "For everyone to be able to get to the airspace we had to have the tankers otherwise we wouldn't have been able to use as many aircraft in the scenarios."

Base, Airmen support U.S. president's Pacific region visit

From refueling to medical standby, troops serve commander-in-chief directly

By Senior Airman Katie Thomas
Editor

Airmen in the Pacific lent a hand during the president's recent visit to the region.

More than two dozen Yokota Airmen deployed to Osaka, located in southern Japan and the second largest city in the country; Kyoto, also located in southern Japan and the former capital of the country; and Ulan Bataar, a region in Mongolia.

At Osaka, Airmen secured the international airport there, refueled E-4B

presidential aircraft, and provided standby medical assistance. At the Imperial Palace in Kyoto, Airmen provided support for Marine One's landing, and ambulance presence in the event of an emergency.

"Here in Osaka and Kyoto, we combined medical, logistics, maintenance and security forces all into one expeditionary support team. We were all well-briefed on the roles the others in the team provided to the president," said 1st Lt. Tony Mollison, 374th Logistics Readiness Squadron's fuels flight commander. He was selected to be the commander

of the 374th Expeditionary Support Squadron, which was established to provide presidential support in Osaka and Kyoto.

The 605th Contingency Response Group along with Airmen from the 374th Medical Group traveled to Ulan Bataar, Mongolia, to also provide support to the president's journey.

"Supporting the president is a great honor," Lieutenant Mollison said. "Each of us knows that we must execute our duties perfectly."

The week prior to the president's arrival, the base deployed ambulances, R-11 refueling trucks, light carts, and aerospace ground equipment. All items were in place for the president's arrival.

The 374th Logistics Readiness Squadron contracted commercial trucks to haul the equipment and vehicles from

Yokota, allowing base vehicle operators to remain to support alert aircraft requirements.

In addition, approximately 300 Airmen deployed to Yokota to support the president's travels. These Airmen were on alert and came with KC-135, E-3C and E-4B aircraft.

The 374th Services Division and 374th Civil Engineer Squadron transformed a family housing tower into temporary quarters for the aircrews. Numerous shuttle bus services were also offered for the crews.

"Even with all of the requirements necessary, everyone pulled together and made this happen seamlessly," said Maj. Doug Dickerson, 374th Logistics Readiness Squadron director of operations. "It was a team effort from every participating unit."

ORI countdown: 114 days

Logistics readiness: Airmen train, equip to deploy

By Staff Sgt. Karen J. Tomasik
374th Airlift Wing Public Affairs

(This is the second in a four-part series of articles covering the various base agencies Airmen will coordinate with while preparing to deploy. Learn about medical readiness in part three in the Nov. 25 edition of the Fuji Flyer.)

During the deployment process, Airmen work with base agencies to ensure their logistics readiness. The process ranges from obtaining proper equipment for specific locations to ensuring training requirements are fulfilled before deploying.

When a tasking comes to the base, the 374th Mission Support Squadron deployment processing unit receives requirements that are compiled into a checklist the deploying member must complete before their final outprocessing briefing.

Nearly every deployment will require an Airman to deploy with

some type of issued equipment such as C-1 (chemical warfare), A-1 (mobility equipment) or B (cold weather) bags obtained from the 374th Logistics Readiness Squadron war readiness element.

"All deploying Airmen are required to process through our section as part of their checklist," said Master Sgt. Henry Purvis, war readiness element noncommissioned officer in charge. "It is necessary that we check the contents of all C-1 bags – even ones previously issued – to ensure our Airmen are deploying with equipment that won't expire during their deployments."

Airmen also need to be proactive and inspect their gas masks early in deployment preparation to check for deterioration and disbonding according to Sergeant Purvis. If an Airman is unsure about the condition of their mask they should take it to the war readiness element for evaluation and

replacement if necessary.

In order to ensure mobility training requirements such as weapons qualification, information assurance, self-aid/buddy care, biological/chemical warfare and anti-terrorism training are current, Airmen should visit their unit deployment manager or mobility NCO.

"As the UDM, I work with each Airman to verify their training is current and ensure they get any additional deployment training," said Tech. Sgt. Walter Foggie, 374th Civil Engineer Squadron.

Airmen are sometimes tasked to deploy during a period when their current qualification will expire. If a requalification is needed, the deploying member's UDM will coordinate a session with the 374th Security Forces Squadron combat arms training section.

"Depending on the category an Airman is classified in, they will recertify from every six months, in

the case of security forces members, up to every 30 months for others," said Staff Sgt. Ray DeGuzman, 374th SFS CATM instructor.

Sergeant DeGuzman recommends all Airmen keep a copy of their Air Force Form 522 to provide proof of qualification if the original copy is lost. However, if they don't have a copy of form, but last qualified at Yokota, the CATM unit can retrieve records up to three years back in their database.

According to Special Agent Charles Day, OSI Detachment 621, most deploying Airmen are required to receive a country briefing before departing.

"Because different Airmen travel to a variety of locations we need them to call us to see if their area requires a briefing," said Special Agent Day. "We provide these briefings every Monday at 10:00 a.m., and when there is a down-Monday we move those briefings to Tuesday at 10:00

a.m. Airmen can call us at 225-9881 to verify if they need a briefing."

Throughout the deployment process an Airman should ask their UDM about requirements in their checklist. The UDM will also ensure the Airman's mobility folder is complete with current dog tags and that they have been issued the current Airman's Manual.

According to Tech. Sgt. Chris Taylor, 374th Maintenance Group UDM, while Airmen prepare to deploy, they should also pack items to keep themselves busy such as career development courses, promotion study materials or college work. He said keeping busy helps pass long periods during a deployment.

"Simply put, UDMs help tie up loose ends for deploying Airmen," said Sergeant Taylor. "We ensure things will be taken care of before Airmen depart so they have peace of mind knowing their affairs back home are in order."

Civilian health insurance, flexible spending account open seasons begin

RANDOLPH AIR FORCE BASE, Texas – The Office of Personnel Management has announced the smallest average premium increase in nine years for the 2006 Federal Employees Health Benefits Program open season, open through Dec. 12.

The average increase for 2006 is 6.6 percent although, 80 percent of FEHB enrollees are currently covered by plans in which premiums will rise between 2.5 and 15 percent.

With the increase in overall plan choices to 279 and High Deductible Health Plans to 21, officials recommend employ-

ees review and update their health plans.

"Open season is the best time for employees to review their health care coverage, not only to make desired changes, but to ensure their plan hasn't been altered or discontinued," said Ms. Janet Thomas of the Benefits and Entitlements Service Team at the Air Force Personnel Center here.

All Air Force-serviced civilian employees make their FEHB open season enrollments or changes by one of two methods:

➤ Employee Benefits Information System Web application, at http://www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm.

Employees with self and family coverage or other insurance can use EBIS to submit elections to enroll or change plans without speaking to a counselor to complete the transaction.

➤ The BEST automated phone system at (800) 616-3775 for employees in the United States. Overseas employees will first dial the AT&T toll-free direct access number for the country they are in, then (800) 616-3775. Visit http://www.business.att.com/bt/dial_guide.jsp.

For more information on the FEHB program, visit <http://www.afpc.randolph.af.mil/dpc/best/fehb.htm>.

[af.mil/dpc/best/fehb.htm](http://www.afpc.randolph.af.mil/dpc/best/fehb.htm).

During FSA open season, eligible employees may also enroll in the Flexible Spending Account program for calendar year 2006. There are two types of FSA accounts: the Health Care FSA and the Dependent Care FSA. FSA enrollment is conducted directly with SHPS, Inc., the third party program administrator, via the FSAFEDS Web site at <https://www.fsafeds.com>.

Additional information on the FSA program is available on the BEST Web site at <http://www.afpc.randolph.af.mil/dpc/best/fsa.htm> and the FSAFEDS Web site.

USO initiative keeps troops connected: WASHINGTON (AFPN) – The United Service Organizations

is launching a pilot partnership program with the Family Literacy Foundation to help keep deployed military parents and their children connected.

The program allows troops to send video tapes of them read aloud from children's books. The organization's mission is that all children will feel the security of caring adult relationships and develop a love of reading through the "reading aloud" experience.

NEWS AROUND THE AIR FORCE & PACAF

For these stories and more, visit Air Force Link at www.af.mil

Brooks lab helping detect avian flu: BROOKS CITY-BASE, Texas (AFPN) – An epidemiology laboratory here is working to develop more effective and timely methods for detecting the deadly avian flu virus.

The Air Force Institute for Operational Health's epidemiology division is supporting a worldwide Air Force surveillance program designed to safeguard American servicemembers from a potential outbreak.

Airmen should verify deployment credit: RANDOLPH AIR FORCE BASE, Texas (AFPN) – Air-

men not issued contingency, exercise or deployment orders should verify their personnel records include credit for those deployments. A deployment is any temporary duty away from home station filling a validated combatant or component commander or supported major command requirement for forces in support of a named operation or exercise.

Airmen should ensure they received credit for these kind of deployments.

AD

Thanksgiving kicks off holiday season with food focus

The holiday season is fast approaching and heading the pack is Thanksgiving.

Here are some of the events to look forward to this coming week:

► **Officers' Club** – The club is hosting a Thanksgiving buffet Thursday from 10 a.m. to 2 p.m. Meats include turkey, ham and smoked salmon complimented by a variety of side dishes. The cost is \$18.95 for adults, 12 to 14 years old for \$11.95, and six to 11 years old for \$9.95.

Club membership discounts are available. Call 227- 8526

► **Enlisted Club** – Community members can enjoy a Thanksgiving Day buffet here Thursday from 10 a.m. to 2 p.m. also. The cost is the same as at the Officers' Club. Club membership discounts are also available. Call 227-8820.

► **Samurai Café** – Airmen and families are invited to be served by the base leadership from 11 a.m. to 1 p.m. during the dining facility's Thanksgiving Day brunch.

► **Protestant Singles of the Chapel** – All singles are invited to a free turkey fry at the building behind the Traditional Chapel beginning at 10 a.m. Thursday. People are encouraged to bring a side dish with them. Call 225-7009.

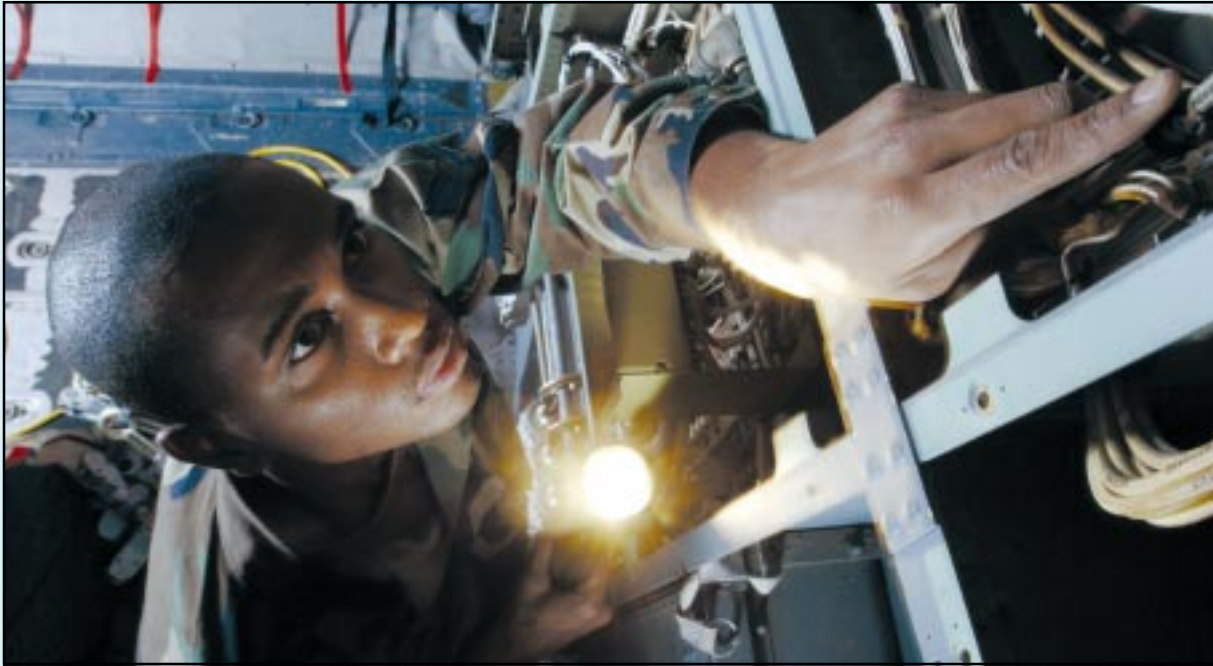
► **Tama Hills** – Families can get away from the base and enjoy a Thanksgiving Day buffet at the recreation center's restaurant from noon to 6 p.m. Reservations are required. The cost is \$17.95 for adults, \$8.95 for 10 to 12 years old, \$4.95 for six

to nine years old, \$2.95 for three to five years old, and ages two and under eat free. Call 224-3421.

► **Par 3** – Golfers can enjoy moonlight golf at the Par 3 tonight from 6 to 9 p.m. There will be food, prizes and more. Call 225-8815 for details.

► **Tama Golf** – The annual Turkey Shoot competition is scheduled for Saturday beginning at 7 a.m. Call 224-3421.

(Compiled by 374th Airlift Wing Public Affairs)



Leave no wire uninspected

Airman 1st Class Marlon Wells, 374th Maintenance Squadron crew chief in the isochronal section, uses a flashlight to visually inspect the avionics system of a C-130 Hercules assigned here. Airman Wells is looking for chaffed, frayed or disconnected wires that could cause a system failure.



photos by Master Sgt. Val Gempis

AD

Holiday happiness *Give gift of financial fitness to yourself for this season*

By Lt. Col. Jim Reitzel
374th Comptroller Squadron

Cool crisp weather, football, pumpkins and turkeys at the commissary – that can only mean one thing.

We're entering the holiday season.

For many this is a favorite time of year filled with food, family, friends, shopping, and New Year's resolutions.

While enjoying the holiday season, many of us have been known to indulge a bit too much in one or more of these holiday highlights. Be honest, haven't you eaten one too many helpings of that favorite family meal, only to lay helpless on the couch for hours knowing how much it will hurt to move?

Most of us have been there, but the pain usually doesn't last long, and it certainly doesn't outweigh the joy of the meal. And why not indulge a little this time of year? All our problems will be solved with the New Year's resolutions we're definitely going to stick to this year, right?

Many of us have also over-indulged in another holiday tradition – one too many trips to the mall or one too many items in that Internet shopping cart.

Spending more that we can afford is easy to do. If it is a reflection of habits exhibited during the rest of the year, long-term financial struggles may follow.

As you commit to those perennial New Year's resolutions of eating better and getting in great physical shape for your next physical fitness test, consider making another resolution – improving your personal financial fitness, but don't wait for the New Year, start today.

Make it a gift to yourself for the holidays: a thorough review of your finances and financial habits, and a solid plan to reach your goals. You can start by considering the basic financial building blocks in your life. Income, expenses, credit/debt, a budget and savings/investments.

Income: Those of us in uniform should have a pretty good handle on this piece. We get a detailed Leave and Earnings Statement every month that clearly shows how much we earn. But you'd be surprised how many people don't know what's on their LES because they rarely look at it. As a starting point in your financial fitness program, study your LES and know exactly what you make and where it comes from

remembering that things like Cost Of Living Allowance can change, as we saw in October.

Expenses: Many of us don't have such a good handle on this one. If you find yourself living paycheck to paycheck, I challenge you to record every penny you spend for a week, or better yet for a month. You might be surprised where your money actually goes. Review your spending each week and mark items that were necessities and ones you could have lived without, and be honest. Facing the reality of where you spend your money can be difficult, but don't hesitate. This is an important exercise in your fitness program.

Credit/debt: Credit cards are like those pesky love handles for many of us. They just won't go away. How many credit cards do you have? What are the limits on each? What is the interest rate on the unpaid balance? How long would it take to pay them off if you just paid the minimum? What is your credit rating? If you can't answer all these questions, I challenge you to start exercising and find the answers. There are hundreds of helpful Web sites available and even experts at the Family Support Center who can really help you here.

Budget: After tracking every expense for a month, it's not as hard as you may think to come up with a plan to better manage your money. Deciding where you'll spend your money before you spend it is a huge step toward achieving financial fitness. A quick Web search for "family budgeting" will have you well on your way in a matter of minutes. This exercise is critical if you want to improve your level of financial fitness.

Savings/Investments: It won't belong before you'll find a little extra money at the end of each month. So, what will you do with it? Time to get serious about savings and investments. How will you pay for unexpected major expenses, or education, or the children's weddings? It's too late to figure it out when the bill arrives. Take those extra dollars every month and let put them to work for you right now. Again there are many resources available in the library, the FSC and of course the Web to help determine the best strategy for achieving your goals.

So as you enter the holidays, eat all you want and put financial fitness at the top of your resolution list and the earlier you start the better – and it's never too late to start.

Airmen represent Air Force to everyone they meet

By Col. Joseph Zeis Jr.
46th Test Wing commander

EGLIN AIR FORCE BASE, Fla. – A couple of years ago, my family and I were having dinner in a restaurant. I had just met them there following work and had not changed from my uniform. An elderly gentleman kept looking over and finally came over to me.

He simply said, "I just want to thank you for your service to our country."

It clearly meant a lot to him, and to me as well. I shook his hand and asked him rather awkwardly if he had ever served in the military.

"Why yes, but some time ago during World War II," he said. "We didn't have all the demands on us that you do today."

I asked him to tell us a little about his time in the service. He went on to explain about the flag raising on Iwo Jima and the

famous Rosenthal photo. His company guarded the flag that first night after it was raised.

And he was thanking me for my service!

This event made me think of our current generation and its service to this country. In some very distinct ways, we face very similar global responsibilities and demands. As I see our young officers and enlisted troops mature and grow professionally in rank and responsibility, I often think of that amazing encounter.

To that elderly gentleman who guarded the flag over Iwo Jima, I came to represent, rightly or wrongly, at that instant in time, our generation of service to the same flag he defended.

We each must always bear that responsibility, burden and honor. To everyone we meet on or off base, in uniform or out, we embody an entire generation in service to our country. Every individual Airman

represents the heritage of this great base, the lineage of the magnificent wings that comprise this center, and in a very real sense, we each, individually, represent the entire United States Air Force.

This Air Force has been in action continuously since 1947, and has become the single most potent fighting force in the history of the world. But we follow a great tradition of service, and must respect and honor those who came before us – the veterans of the world wars, Korea, Vietnam, Gulf I and II and all those who serve now.

Thank your families and friends for their support and their sacrifices. But most importantly, serve to make those who came before us, like that elderly gentleman in the restaurant, proud of the contributions of this generation to the flag and the country.

And thank you for your service!



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Deadlines

The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

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DUI Prevention

Oct. 26 – Nov 2	1
Total DUIs in October	2
Total in 2005	8

Punishment	
.049 or less = car parked for 12 hours	
.05-.079 = 6 months walking	
.081-.149 = 1 year walking	
0.15 or greater = 2 years walking	

*Don't
drink and drive.
Call 225-RIDE!*

Action.lines-1@yokota.af.mil

The Action Line is your direct line to me. Use it if you have questions or comments about Yokota, which couldn't be resolved by your chain of command first. When you send an e-mail, please include your name and phone number if you need to be contacted for more information.

Col. Scott Goodwin
374th Airlift Wing commander



Firefighters from Yokota and Fussa join forces to take on a simulated emergency at the Taiyo, making an ...

Exercise to remember



photos by Kaori Matsukasa

Left, Tokyo Fire Department-One Fire Unit Rescue simulates rescuing a person from the roof of the Taiyo Recreation Center during its first joint exercise with the Yokota Fire Department Nov. 9. The exercise was scheduled for that day because the numbered date reflects the Japanese emergency number 119. Top right, Tokyo and Yokota firefighters hose down the Taiyo together. Ten fire engines and rescue cars and more than 50 firefighters participated in the exercise. Above, Tokyo and Yokota firefighters watch fellow firefighters get a simulated emergency under control. Yokota and Fussa firefighters support each other during calls for firefighting and rescue support.

AD

Off base

Mizuho Industrial Fair:

This city is hosting numerous booths with local products, children's games, and a flea market Saturday and Sunday around the Mizuho Town Hall. Call 042-557-3389.

Fussa garage sale: About 100 local citizens are participating in this sale Dec. 11 being held near the Tama Chuo Park, located 15 minutes by foot from the Fussa Station.

On base

Movies

Today – *Chicken Little*, G, 7 p.m.; *Cry Wolf*, PG-13, 9:30 p.m.

Saturday – *Chicken Little*, G, 7 p.m.; *Just Like Heaven*, PG-13, 7 p.m.; *Roll Bounce*, PG-13, 9:30 p.m.

Sunday – *Chicken Little*, G, 2 p.m.; *Roll Bounce*, PG-13, 7 p.m.

Monday – *Fighter Pilot: Operation Red Flag*, G, 6 p.m.; *Just Like Heaven*, PG-13, 7 p.m.

Tuesday – *Fighter Pilot: Operation Red Flag*, G, 6 p.m.; *Cry Wolf*, PG-13, 7 p.m.

Wednesday – *Chicken Little*, G, 7 p.m.

Thursday – *Roll Bounce*, PG-13, 7 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

Holiday mailing

The mailing deadlines for the holiday season are: Nov. 22 for space-available mail; Dec. 5 for priority mail and first-class letters; and Dec. 16 for express mail.

The pick-up window is open Mondays through Fridays from 9 a.m. to 6 p.m., and Saturdays from 9 a.m. to 5 p.m. The mailing-out section is open Tuesdays through Fridays from 9 a.m. to 6 p.m., and Saturdays from 9 a.m. to 5 p.m.

Red Cross classes

The local American Red Cross chapter is hosting a babysitting training class Dec. 3 from 8 a.m.

to 4 p.m. It is highly encouraged for teens who would like to babysit on base. Call 225-7522.

The chapter is also sponsoring a standard first aid and AED class Dec. 10 from 8 a.m. to 3 p.m. The cost is \$35 a person. Call 225-7522.

Jingle Bell bazaar

The Yokota Enlisted Spouses Club* has scheduled its annual Jingle Bell Bazaar Dec. 3 and 4 at the Taiyo Recreation Center. Call 225-7135.

Holiday cards

Sign-ups for the annual holiday card display along Airlift Avenue begin Nov. 9 at the Samurai Self-Help Store. The store is open Wednesdays and Fridays from 11 a.m. to 5 p.m., and Saturdays from 9 a.m. to 2 p.m. All spaces are on a first come, first serve basis. Call 225-7086.

Box Office Video

The main base Box Office Video shoppette is reopened. It is open from 6 a.m. to 11 p.m. Mondays through Sundays.

Cirque Noel

The 374th Services Division presents Cirque Noel during five performances Dec. 16 and 17. The show is free however community members must sign up to receive the free tickets through the Yujo Recreation Center. Call 225-7661.

UMUC event

The University of Maryland University College here is hosting "History repeats itself? The Wars in Iraq and Vietnam" with Dr. Timothy Maga at the Officers' Club Saturday beginning at 6:30 p.m. Admission is free and includes refreshments. Call 225-3690.

Trash policy

Off-base residents cannot dispose of their trash on base per Air Force regulations. People caught disposing of off-base trash on-base may face military discipline. Call 225-9683.

Live acoustic night

The Officers' Club has a live acoustic night tonight beginning at 7 p.m. in the Samurai Lounge. This event is for adults only. Call 225-8526.

Bazaar

The 374th Services Division is hosting a bazaar with more than 30 vendors at the Yujo Recreation Center Saturday from 9 a.m. to 3 p.m. Call 225-7189.

Family Advocacy

The base Family Advocacy flight offers many free classes including: baby care basics, common-sense parenting, marital enrichment, anger management, stress management, single-parent support groups and more. Call 225-3648.

Birthday coupons

The Enlisted Club gives two free dinner coupons to club card members on a primary account holder's birthday. Call 227-8820.

225-RIDE

The Yokota program that gives free rides home to community members who have been drinking needs volunteers. Call 225-5063 for more information.

Dave Roever visit

Vietnam veteran Dave Roever is visiting Yokota in November. He will have presentations at the Traditional Chapel Nov. 27 from 11 a.m. to noon, and at the Contemporary Chapel Nov. 27 from 5 to 6:30 p.m. He will visit Yokota High School students Nov. 28 from 7:45 to 8:45 a.m. Mr. Roever will also visit with base Airmen from 10 to 11 a.m. at the base theater Nov. 28. Call 225-7009.

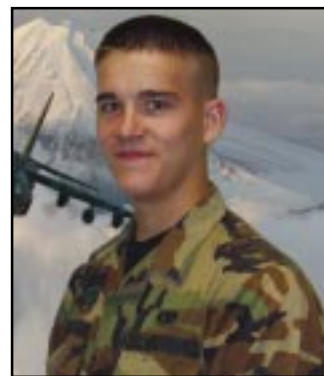
Santa's Mailbag

The 354th Operation Weather Squadron Weather Station is now accepting "Dear Santa" letters. A postage-paid self-addressed envelope is required with each letter, and all letters received up to Dec. 25 will be answered. Send letters

Samurai Warrior



of the Week



**Airman 1st Class
Daniel Alexander**

Airman 1st Class Daniel Alexander, 374th Aircraft Maintenance Squadron, is this week's Samurai Warrior of the Week for exhibiting the Bushido qualities of courage, self-control and absolute loyalty to one's superior.

He finished his Career Development Course in three months and scored an 95 on his End of Course Exam. He has voluntarily requested to be on weekend standby every other week to increase his cut training capabilities and is now a vital part of ensuring our primary mission is successful during critically-low manning.

to: Santa's Mailbag, 354 OSS/OSW, 2827 Flightline Avenue, Eielson AFB AK 99702-1520.

Friday fellowship

The Protestant Singles of the Chapel hosts a Friday night fellowship in the building behind the Traditional Chapel from 7 p.m. to 4 a.m. including live music, free food, games and more. All single military members, dependents, civilians and Japanese employees are invited. Call 225-7009.

Youth group

The Protestant Youth of the Chapel's high school youth group meets every Monday from 6:30 to 8:30 p.m. in the building behind the Traditional Chapel. All high school age students are welcome. Call 225-7009.

The Protestant Youth of the Chapel's junior high youth group meets every Wednesday from 6:30 to 8:30 p.m. in the building behind the Traditional Chapel. Call 225-7009.

Women's Bible study

The chapel hosts women's

Bible studies Thursdays at 9 a.m. at the Traditional Chapel, and Monday at 6:30 p.m. at the base library. The studies are open to all military members, spouses, and employees. Call 225-7009.

The Protestant Women of the Chapel* are also hosting a "Celebration of Christmas Traditions" Dec. 15 beginning at 6:30 p.m. at the Traditional Chapel.

Chapel Schedule

Traditional (West) Chapel
Catholic: Mass, Sundays at 9:15 a.m. and 5 p.m. *Protestant:* Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 12:30 p.m.; Korean service, Sundays at 2 p.m.; Seventh Day Adventists, Saturdays at 9 a.m.

Contemporary (East) Chapel
Protestant: Gospel service, Sundays at 11 a.m.; Contemporary service, Sundays at 5 p.m. Call 225-7009.

PO disclaimer

An asterisk (*) denotes a private organization. Private organizations are not a part of the Department of Defense or any of its components and have no governmental status.

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“Quotes” & Things

“Sports is the only profession I know that when you retire, you have to go to work.”

Neil Simon

Outdoor Recreation: The Outdoor Recreation Center is sponsoring the following trips: golf tour at Shin-Musashi Golf Course Nov. 25; and trout fishing at Shishidome Nov. 30. Call 225-4552.

Golf: The Par 3 hosts Hump Day golf tournaments every Wednesday from 10 a.m. to 7 p.m. The cost is \$5 per person. Call 225-8815.

Football: The base Outback restaurant is showing college football beginning at 1 a.m. Sunday.

Soccer: The Tokyo Verdy soccer team is sponsoring a Yokota Youth Soccer Day Dec. 3 beginning at 12:30 p.m. at Ajinomoto Stadium. Youth soccer teams have priority, and other youth will be considered on a space-available basis. Call 225-7021.

Flight Center: The base Flight Training Center offers pilot training and sight-seeing flights. Call 225-8988.

Martial Arts: The base fitness and sports program has several martial arts classes offered at the Natatorium through the week. Call 225-6133 for details.

Fuji Flyer: The *Fuji Flyer* is seeking sports news, stories and features, as well as health and fitness information news articles and ideas. Call 225-8833 or e-mail fuji.flyer@yokota.af.mil.

Smokeout encourages Airmen to kick butt

Exercise routine, encouragement help put end to nicotine addiction

By Maj. Sheila Thornton
374th Aerospace Medicine Squadron

Every year, smokers across the nation take part in the American Cancer Society's Great American Smokeout by smoking less or quitting for the day on the third Thursday of November.

This event is designed to raise awareness of the dangers of tobacco, effective ways to quit and to challenge people to stop using tobacco products. This year the Great American Smokeout was Thursday.

The Health and Wellness Center can help community members capitalize on the opportunity to make the commitment to quit if they are smokers. It doesn't matter how old or how long community members have smoked. People become healthier and stronger each day they are tobacco-free.

The HAWC offers free "Commit to Quit" kit. The kit contains valuable information to assist

smokers in sorting through the reasons why they smoke or dip, the benefit of quitting, and will also help smokers make their final quit plan.

Exercise can also help smokers kick the habit, according to recent research. The body naturally produces endorphins, which are tranquilizing and pain-killing hormones secreted by the brain in response to vigorous activity or exercise. They help relieve anxiety and increase positive feelings, thus partially replacing a smoker's dependency on foreign substances. Endorphins don't have the dangerous side effects of nicotine, alcohol or other drugs.

Many people who are withdrawing from nicotine feel "wired," edgy, aggressive, depressed, or any of a host of other negative feelings.

Exercise is well-known for its stress-busting, morale-boosting powers. It can provide a safe handle to grab onto while work-

Benefits of quitting smoking: now & long-term

- 20 minutes ⇒ Heart rate drops.
- 12 hours ⇒ Carbon monoxide level in blood drops to normal.
- Two weeks to three months ⇒ Circulation, lung functions improve.
- One to 9 months ⇒ Coughing, shortness of breathe decrease.
- One year ⇒ Risk of coronary heart disease is half of smoker's.
- Five years ⇒ Risk of stroke reduced to five to 15-year nonsmoker.
- 10 years ⇒ Risk of lung, other cancers half that of a smoker's.
- 15 years ⇒ Risk of coronary heart disease same as nonsmoker's.

courtesy of <http://www.cancer.org/>

ing out the ill effects of breaking addiction to nicotine. Vigorous activity has a soothing effect on the body. Nicotine and other drugs interfere with sleep patterns, and a person trying to quit smoking may have difficulty getting a good night's sleep. Exercise helps manage stress and improves people's ability to get more restful sleep.

Exercise alone cannot solve an addiction to nicotine. It is just one of the many keys to kicking the habit. Recovery from addiction to nicotine may also involve a commitment to a healthy diet, stress management, relaxation and meditation. These activities along with the support of a health care provider, family, and friends

can help eliminate tobacco from community members' lives.

According to the American Cancer Society, 70 percent of smokers reported that they want to quit. Research shows that successfully kicking the habit depends on support such as nicotine replacement products, prescription medication, guide books, counseling, and encouragement from family members, friends and coworkers.

Doctors and health care team members here can help smokers be tobacco-free. Community members are encouraged to adopt a tobacco user and support them through the quitting process.

For more information, stop by or call the HAWC at 225-8322.

Keeping pace

With the weather getting colder, Yokota members work up a sweat indoors in a spinning class at the Natatorium. Spinning classes are offered at 5 a.m. on Monday, Wednesday, and Friday; 5:30 p.m. on Tuesday and Thursday and 8:30 a.m. on Saturday. Classes will remain at the Natatorium after the new Main Gym opens on Dec. 1.



photo by 1st Lt. Ben Alumbaugh

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